

COSTA RICA ADVENTURE ITINERARY IDEA:

14 night itinerary

Δ 1 nights **San Jose** – the Don Carlos Hotel BB

Δ 2 nights **Pacuare River** – the Pacuare Lodge FB

Δ 32 nights **Arenal Volcano** – either @ the Arenal Springs Resort BB

The Manoa Hotel BB

The Lost Iguana Hotel BB

The Royal Corin Resort BB

Or the Kioro Hotel BB

Δ 2 nights **Monteverde Cloud Forest** – the El Sapo Dorado Hotel BB

Δ 3 nights **Pacific Coast** – either @

Manuel Antonio – El Parador Hotel BB

Manuel Antonio – Arenas del Mar Hotel BB

Δ 3 nights **Osa Peninsula** – the Bosque del Cabo Lodge FB & tours

Δ 1 night **San Jose** – Alta Hotel BB

Note: we can amend the itinerary & hotels included to perfectly suit your preferences & budget. The below is just an idea to give you a starting point from which we can build your ideal trip.

Day 1

On arrival into **San Jose** International Airport you will be met by our ground agents and have a private transfer to **Don Carlos Hotel** for 1 nights BB.

- **Don Carlos Hotel** is located in the oldest historical part of **San Jose** city. They have 20 standard rooms, 13 superior rooms & 2 family rooms. Within the hotel there is also a large souvenir shop which sells local artisans products / art.

Day 2

Today you depart San Jose for a 3 day / 2 night package @ the wonderful Pacuare Lodge. You will be on a full board basis & the package includes white water rafting in & out of the property. **Pacuare Lodge**.

Transportation service (approximately 2½ hours) to the Pacuare River put-in including a typical Costa Rican breakfast in route. Exciting 1-1½ hour river rafting tour to the Pacuare Lodge (class II-III rapids). Arrival at the Pacuare Lodge 12:00 – 1:00 pm.

- Tucked away deep in the heart of Costa Rica's most pristine rainforest environment, on the banks of the Pacuare River, is the **Pacuare Jungle Lodge**. Surrounded by nature in its purest and most primitive state, the 13 bungalows

and main lodge were designed and constructed to blend with the surrounding environment, affecting minimal impact, and has been recognized by the World Tourism Organization as one of only sixty-five examples throughout the world of good practice in sustainability and ecotourism. The 13 bungalows are made up of jungle view, garden view & river view suites plus a beautiful honeymoon suite & the new Linda Vista Suites

Day 3

You'll wake up to bird song and the soothing sound of the river nearby. Then head over to the main lodge for a delicious breakfast of home-made bread, tropical fruits, yogurt, eggs, pancakes, cereal and juice and coffee.

The lodge employs a resident naturalist guide who will provide you with unique insights into the plant and animal world. Choose from exciting optional tours that include guided hikes through an emerald rainforest, the Cabecar Indian tour - where visitors may participate in a cultural exchange with a shaman and our Adventure Canopy Tour - where visitors glide amid a tropical rainforest canopy.

Day 4

Departure between 9:00-10:00 am.

In the morning you will depart by raft for an even more fun-filled day of white water rating excitement (approximately 3½ hours over class III-IV rapids), including a delicious picnic lunch along the river. At the river take-out you will have a chance to change before being transferred by private transfer to **Arenal Volcano** area for 2 nights @ the **Arenal Springs Resort, Manoa Hotel, The Lost Iguana, Royal Corin or the Kioro Hotel** all BB

With the **private transfers** you will be driven between hotels by a driver who is fluent in English and will give you all sorts of information on Costa Rica and its people, stopping en route at places of interest. He will then leave you to your own devices whilst at the hotels.. Although we also try to give you the same driver for all your transfers we cannot guarantee this.

Arenal Volcano is the most spectacular sight in all of Costa Rica. It erupts at least once every hour, it is mesmerising at any time of day, but it is especially magical at night, when a river of red-hot magma flows down its northern slopes. There are several hot springs resorts where you can enjoy the pools of thermomineral waters, heated naturally by the volcano, with temperatures ranging from 23°C to 40°C. The pools are reputed to cure any number of maladies. Most people spend at least half a day and evening @ a springs, relaxing in the pools whilst drinking a cocktail watching the lava flowing from the volcano, having massage treatments or dining in the resorts restaurant. In & around this area there are lots of activities; horse riding, mountain biking, Arenal Lake- which offers lots of activities, including fishing and water sports- canopy tours, suspension bridges & close by is the Cano Negro Wildlife Refuge.

- **Arenal Springs Resort** is located between the Tabacon Hot Springs and the village of La Fortuna where you can see the north face of the active volcano from your private porch. All 26 new colonial style Deluxe Cabins offer an impressive & unobstructed view of Arenal Volcano. There is also a pool, restaurant & the property has it's own stables.
- **Arenal Manoa Hotel** is a beautiful place to rest, relax and enjoy the marvellous view of Arenal Volcano. Surrounded by gardens, pastures and animals, the rooms have been designed so that each one offers guests a panoramic view of the volcano. Visitors can take advantage of our spacious gardens as well as the opportunities to see the daily operations of a typical Costa Rican farm. The property has 40 junior suites, a superb swimming pool, jacuzzi & wet bar.
- The **Lost Iguana Resort @ Arenal** offers 24 luxury rooms & a villa within a 100 acre rain forest property with direct volcano views. All rooms are spacious, beautifully designed with large private balconies. The property has it's own trails, a double swimming pool with swim-up bar & excellent restaurant. The Luxury Suite is the ideal romantic room with its own Jacuzzi on the deck with fantastic views of the jungle & volcano.
- **The Royal Corin Resort & Spa** is a new property opened in June 2008. It has been designed to enable each of its 54 rooms to have a view of the volcano. Each room is elegantly designed and furnished to the highest standards. With a choice of bars and restaurants and its own thermal pools, the Royal Corin Hotel is a beautiful place to stay whilst in Arenal. The top floor Lava Bar has a great view of the volcano & pools below plus the Loto Spa is wonderful.
- **Arenal Kioro Hotel** is located in the most perfect location to view & actually be able to hear the volcano. This is one of the newest hotels and offers excellent facilities with each room having direct views of the volcano & each room has it's own private Jacuzzi bath, also with volcano views. The hotel has a wonderful restaurant, spa, it's own nature trails & pool. They now also have their own hot springs on the property exclusively to hotel guests, as well as offering transfers to their other hot springs which is open to other guests.

Day 5

Participate in a guided hike to Cerro Chato dormant Volcano and La Fortuna Waterfall (6½ hours approx).

Day 6

After breakfast you will be transferred by boat, horseback & then Jeep to **Monteverde Cloud Forest** –staying for 2 nights @ **El Sapo Dorado Hotel**. Evening Group walk to the Cloud Forest

- **El Sapo Dorado Hotel** is ideally located within minutes of the local attractions of the Monteverde Cloud Forest Preserve, the Santa Elena Rain Forest Reserve & the Sky Walk & canopy tour. It has 30 spacious mountain suites which are scattered on a hill. Each suite is built in wood with its own balcony. The dining room has a splendid view & offers international, vegetarian & typical Tico cuisine.

Day 7

Participate in a Group Experience at Selvatura Park to visit the Hanging bridges and enjoy the exciting Group Zip Line Adventure (5 hrs approx)

Day 8

Private transfer down the Pacific Coast for 3 nights at either the **EL Parador Hotel** or the **Arenas del Mar Resort** – both BB

- The **El Parador Hotel** is hidden in a small private world, surrounded by beautiful gardens and plenty of space. All rooms have a fabulous view of the Pacific Ocean and the jungle, which is very close. El Parador Hotel brings luxury to the jungle. It is built in a Spanish style with antique Spanish furniture. Facilities include a gym, infinity swimming pool, tennis courts, mini golf course and shuttle service to the National Park and beach. They have various room types within the hotel grounds. www.hotelparador.com
 - ◇ **Garden rooms** have garden views with terrace with direct access to the garden. Ideal for families as are close to the swimming pool & facilities
 - ◇ **Jungle rooms** are large rooms with either 2 queen or 1 king-size bed, with a balcony & garden view. These rooms are particularly recommended for families requesting interconnecting rooms.
 - ◇ **Deluxe Superior rooms.** Are the lovely & spacious, generally have a glimpse of the ocean. They are close to pool & facilities.
 - ◇ **Premium rooms.** Are located in a separate building, along with the Premium Plus rooms, and have a “cliff lift” up to them. Rooms are spacious and have a balcony with either a jungle or ocean view.
 - ◇ **Premium Plus rooms.** These rooms are located on the top floor in the same building as the Premium rooms. However the premium Plus rooms are for adults only, have 1 large king size bed & have recently been refurbished.
 - ◇ **Golden Suite.** This is a new room type located in a brand new building @ the hotel, which opens in December 2008. This block has a superb ocean view, its own reception desk, restaurant & swimming pool. The Golden Suites also have a Jacuzzi
- **Arenas del Mar Hotel** is locally in a perfect location to combine nature with a stunning beach. It is the best hotel in the area to have direct beach access. The hotel only opened in 2007 & has 38 rooms – which are either superior rooms or suites. As this is small hotel availability can be a problem, so early booking is recommended. The hotel has 7 small blocks with 3 blocks by the beach & the other 4 @ the top with the best views. There is a pool @ both locations. All rooms

are equipped with ceiling fans, air conditioning, flat screen cable televisions, wired internet access, telephones, mini-bars, coffee makers, safe deposit boxes, luggage racks, irons and ironing boards. The superior rooms have a king size bed, large bathroom & balcony. The suites have a separate bedroom, 2nd bathroom & a larger L shapes balcony with Jacuzzi. We can book 1 superior room & the adjacent suite to create a 2 bedroom apartment & use just the 1 main entrance door.

Day 9

Morning group Snorkelling & Dolphin Watching Sailing Tour

Day 10

Day at leisure

Day 11

Private transfer to airstrip to take flight to Puerto Jimenez in the **Golfo Dulce** area staying 3 nights at the Bosque del Cabo Lodge , Full Board

- **Bosque del Cabo Rain forest Lodge** is located 500 feet above where the Golfo Dulce meets the Pacific Coast, nestled within unspoilt jungle. They have a selection of 10 beautifully designed thatched-roof bungalows & houses. The bungalows are perched atop the cliffs with spectacular ocean views. The private 500+ acre forest reserve is home to more than 350 species of birds, monkeys, sloths etc. The property has it's own nature trails and guides.

Day 14

Land transfer to Puerto Jimenez to take a flight to San Jose. On arrival you will be met & have a transfer to the **Alta Hotel** BB.

- The **Alta Hotel** is a luxurious, unique hotel with architecture that combines the colonial style and current trends. It is just 15 minutes away from the airport and downtown San Jose. It is a very comfortable hotel and has a gym, swimming pool & superb views of the central valley.

Day 15

Private transfer to the airport to check-in for your return flights back to the UK.